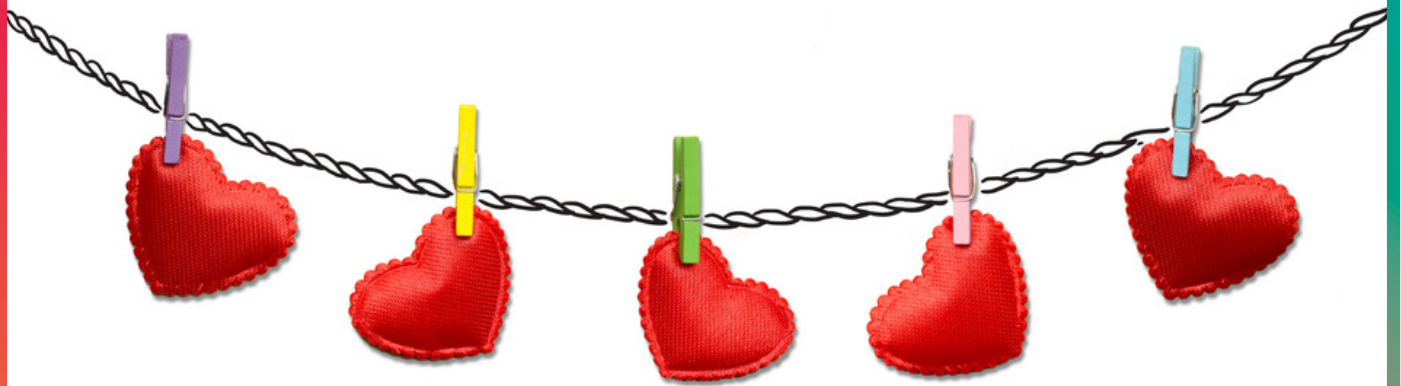




Prioritising Wellbeing

NAPA Life Story



www.napa-activities.co.uk

NAPA Life Story Template – Guidance

This resource contains prompts to support the gathering of personal information.

This is a live document and you can add to it as new information is shared or remembered and interests change.

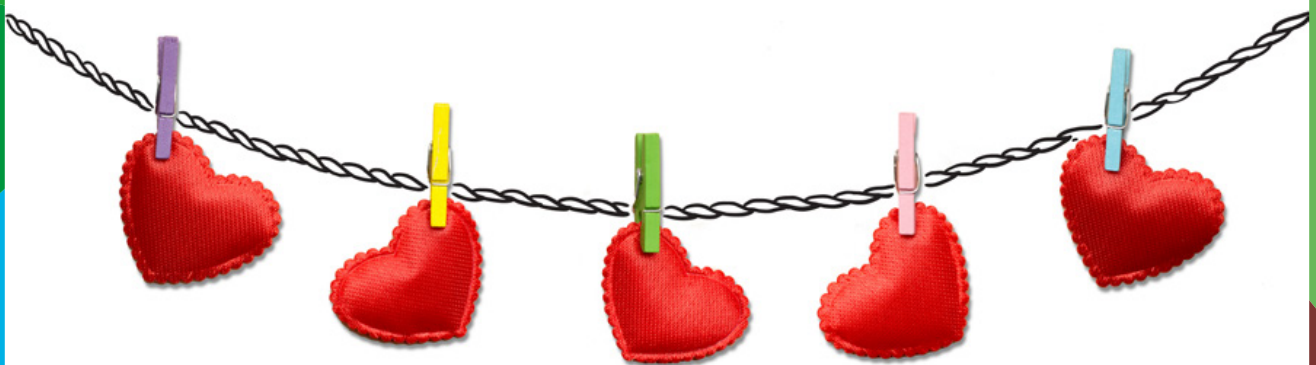
We are all shaped by our experiences – sharing those experiences can help us to reflect and review our lives and help others to understand us. Life story work is a supported activity that enables the gathering, reviewing and sharing of life events and the building of a personal biography. The process can enable a better understanding of an individual and enhance relationships and the quality of engagement and reminiscence.

Seek permission and consent to:

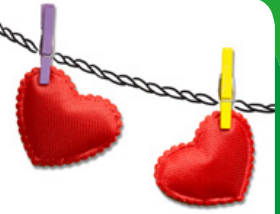
- + engage an individual in life story work
- + share an individual's personal biography
- + involve family and friends in gathering and reviewing life story information
- + include photographs in a personal biography

Provide plenty of time to:

- + feel comfortable and build rapport
- + enable the conversation to flow
- + respond sensitively



NAPA Life Story Template – Guidance *(continued)*



About Me

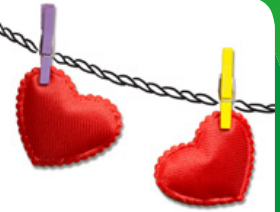
The information gathered should help create my personal biography and inform my care plan and how I spend my time.

My name:

What I like to be called:

The place I was born:	My life changing experiences: E.g. moving out, living overseas
The places I lived as a child:	My animals and pets:
My education:	My holiday destinations:
Qualifications and college courses:	My hero/person that influenced me:
The houses/ homes I lived in:	The people I love:
Where I worked/work experience/voluntary work:	The important things in my life:
My skills:	My greatest achievements:
How I spent my free time:	My regrets:
My fondest memory:	

NAPA Life Story Template – Guidance *(continued)*.



Circle if you would like us to know:

I am gay	I had a partner
I am lesbian	I have a partner now
I am transgender	I have always had a partner
I am straight	I am alone now
I am bisexual	I am widowed
I am single now	I am married
I have always been single	I am divorced
Please refer to me as: He, Him, She, Her, Them, They, Other	

Name of partner/s:

Name of friend/s:

Name/s of other important people:

How and where we met:

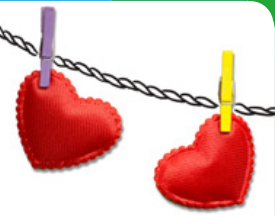
Important children in my life:

(Children, Stepchildren, foster children, god children, my friend's children, grandchildren, nieces, nephews)

My Spirituality/Religion/Faith:

Place of worship (if any):

NAPA Life Story Template – Guidance *(continued)*.



My Appearance

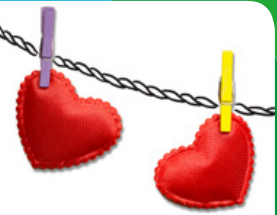
For example:	Daily	Weekly	On Special occasions	Other
Shave (E.g.)	I like to shave my face every day. Using my electric razor and the grooming kit my daughter bought me for Christmas.	I like to trim my moustache on a Saturday morning before breakfast	I enjoy going to the barber and having a close shave, this reminds me of my grandfather as he was a barber	I have sensitive skin and only use Bulldog products. It is important that my hair is cut regularly and is not cut too short.

*Head wear, Jewellery, Make up, Hair cut / style, Facial hair, Aftershave/perfume, Nail care, Bath or Shower, Shave

Most days I like to wear: (e.g. fashions and colours)

On special occasions, I like to wear:

NAPA Life Story Template – Guidance *(continued)*.

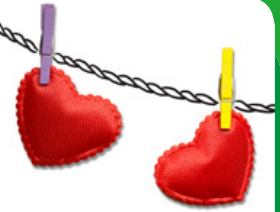


How I like to spend my time now

For example*:	Daily	Weekly	On Special occasions	Other
Music (E.g)	I like to listen to radio 2 in the morning before I get up, this starts my daily routine. Please remember to turn it off when you leave my room, so I can listen to the birds sing	My granddaughter face times me every Thursday afternoon and plays the violin for me, I really enjoy this time together. I will need some help setting up my Ipad	I love to attend live music events, I need venues to be accessible, and to serve real ale!	I used to be in a band and I love live music. Ask me about the band and the music we played, Talk to me about my vinyl collection

*Getting together with others, Music: (type, songs, singers etc), Reading: (Books, papers, magazines), Cooking, Baking, Physical Activity: Sport, Exercise, Dancing, Computers/IT, Gardening, Reminiscence, Television & radio: (Favourite programmes + time of day to watch/ listen), Entertainment, Theatre, Film, Arts, Crafts, Other particular likes or dislikes

NAPA Life Story Template – Guidance *(continued)*



My idea of a good day is:

Eg: I like to wake up at 9am and have my breakfast in my room once I am ready for the day. I like to read the paper after my morning stroll, which I like to take at 11.30. I enjoy a light lunch in the dining room with my friends, and afterwards I like a short snooze! In the afternoon, I like to play cards and look forward to visits from my friends and family. My evening meal is my favourite and I prefer to eat this in my room, watching the 6 O'clock news. After dinner, I like to sit with others and enjoy a gin and tonic.

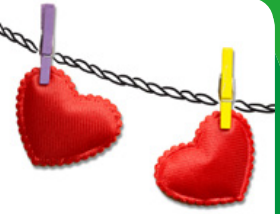
7am- 10am	
10am-12pm	
12pm-2pm	
2pm-4pm	
4pm-6pm	
6pm-10pm	

How I like to spend my time now:

My idea of a really enjoyable trip out is:

Eg: I enjoy fresh air in the garden, local shopping, visiting a cafe, watching the birds, watching children play, visiting the salon, playing golf, going bowling, going on a boat trip, going to the funfair, a maze or art gallery.

NAPA Life Story Template – Guidance *(continued)*.



Circle or tick the most relevant ones to describe how I like to spend my time.

On my own	Sometimes	Most of the time	All of the time
One to one	Sometimes	Most of the time	All of the time
In small groups	Sometimes	Most of the time	All of the time
In large social gatherings	Sometimes	Most of the time	All of the time

I enjoy being outdoors	Sometimes	Most of the time	All of the time	Never
I enjoy physical activity	Sometimes	Most of the time	All of the time	Never

Anything you have missed that you would like us to know about you:

Food I really like	Food I dislike
Drinks I really like	Drinks I dislike

If you would like a word version of this, please get in touch – communications@napa-activities.co.uk

We can provide Life Story Training – please email to discuss your requirements

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